

## CLAIMS (Clear version)

What is claimed is:

1. A mop, comprising:  
a long handle, the long handle having an upper portion, a bow portion, and a lower portion; and  
a mass of absorbent material, the mass of absorbent material being fixed on the lower end of the long handle, and  
a twisting handle, the twisting handle is movable.
2. The mop of claim 1, wherein the twisting handle includes a short handle and a sleeve like mass absorbent material holder, one end of the mass absorbent material being fixed on the holder, the lower portion of the long handle sheathes into the sleeve like holder.
3. The mop of claim 2, wherein the short handle is adjustable.
4. The mop of claim 2, wherein a bow holder disposed on the bow for easily turning around.
5. The mop of claim 2, wherein a moving control disposed on the lower portion of the long handle, push the control button to release the twisting handle.
6. The mop of claim 4, wherein the sleeve like holder having a rim inside near the up end for easily being holded by the moving control.
7. The mop of claim 1, wherein the twisting handle includes: a short handle, a mass absorbent material holder, and a metal bar, a hole disposed on the lower portion of the long handle, the metal bar pass through the hole and lower portion of the long handle,

the metal bar connected the short handle and the mass absorbent holder; the mass of absorbent material being turned around the mass absorbent holder, then two end of the absorbent material being fixed on the lower end of the long handle.

8. The mop of claim 7, wherein a metal bar holder disposed on the long handle.

9. The mop of claim 7, wherein the the mass absorbent maerial holder can be assembled to or disassembled from the metal bar.

10. The mop of claim 7, wherein the shape of the mass absorbent material holder can be different.

11. The mop of claim 2, wherein the sleeve having a side wall, a top wall, a center hole disposed on the top wall, a short handle, and a multiple wing like piece disposed on the inside wall.

12. The mop of claim 11, wherein the twisting handle is adjustable.

13. The mop of claim 11, wherein a bow holder disposed on the bow for easily turning around.

14. The mop of claim 11, wherein a sleeve holder disposed on the lower portion of the long handle.

15. The mop of claim 11, wherein a sleeve moving control disposed on the lower portion of the long handle.